

Healthy Youth Survey 2002 Survey Results

Statewide Results

Grade 6

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Healthy Youth Survey 2002 Survey Results

Statewide Results, Grade 6

Number of students surveyed: 8132

Number of valid responses: 7952

The impact of adolescent health risk behaviors remains a primary concern of citizens throughout the country. Many health problems experienced by adolescents are caused by a very few preventable behaviors. Patterns of alcohol, tobacco, and other drug (ATOD) use and related risk behaviors are often formed during adolescence. These patterns play an important role in health throughout adulthood.

This report presents results from the fall 2002 Healthy Youth Survey in Washington State. For each item, local results appear in the first two columns and statewide results appear in the second two columns. The number of valid responses (“n”) appears in parentheses for each item. Survey items covering the same topics are grouped together (the item numbering is specific to this report and does not necessarily reflect the item order on the actual survey). The bulleted points and graphs included at the beginning of this report highlight selected findings from the report. Additional information may be found in the *Interpretive Guide* that accompanied this report.

Key to the Notes

The survey was administered in 3 versions. Forms A and B were administered to students in Grades 8, 10, and 12. These two forms contained a core set of common items and additional items unique to each form. Form C was administered to students in Grade 6. This form consisted primarily of questions drawn from Forms A and B but also included some unique items. Several items on each form were optional at the discretion of the school; schools that did not administer the optional questions tore off the last page of the survey booklet. The following notes are used throughout this report to document the differences between the items on different versions and note the optional items:

A = wording on Form A

B = wording on Form B

C = wording on Form C

° = answer choices presented in a different order on one or more versions of the survey

† = optional item

Highlights of the Local Results

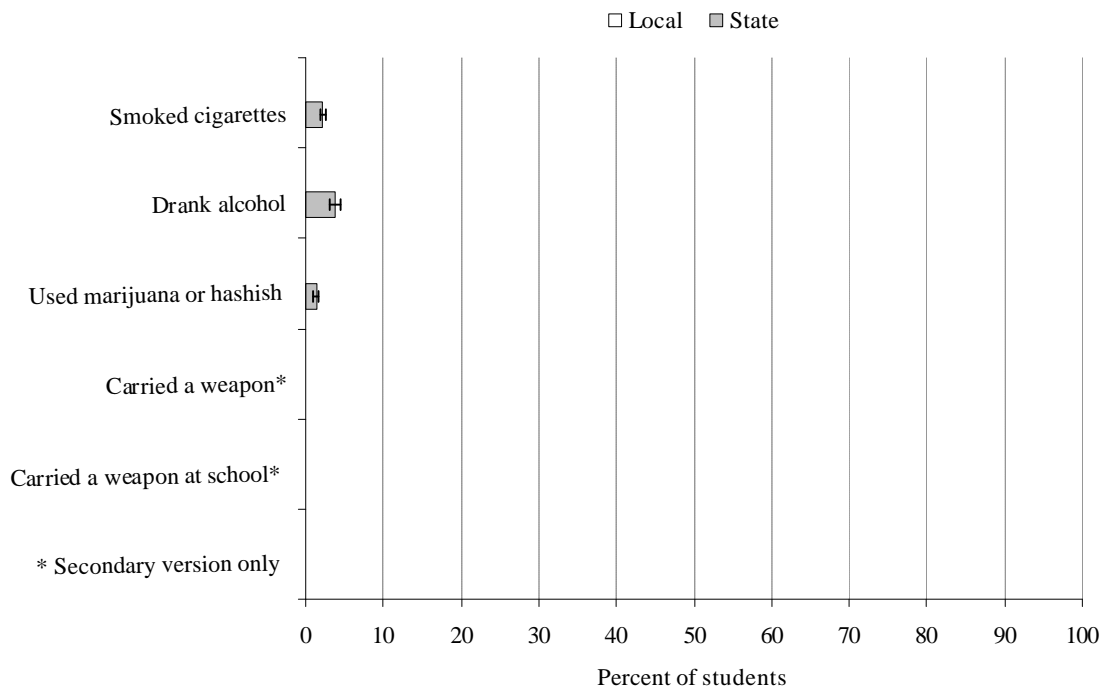
Students statewide reported the following behaviors and attitudes:

	Statewide
▪ Smoking cigarettes in the past 30 days (see item 25)	2.2% (± 0.4%)
▪ Drinking alcohol in the past 30 days (see item 31)	3.8 (± 0.7)
▪ Using marijuana or hashish in the past 30 days (see item 32)	1.3 (± 0.4)
▪ Being bullied in the past 30 days (see item 136)	31.0 (± 1.4)
▪ Enjoyed being in school over the past year (see item 182)	57.2 (± 1.9)
▪ Feeling safe at school (see item 193)	90.0 (± 1.0)

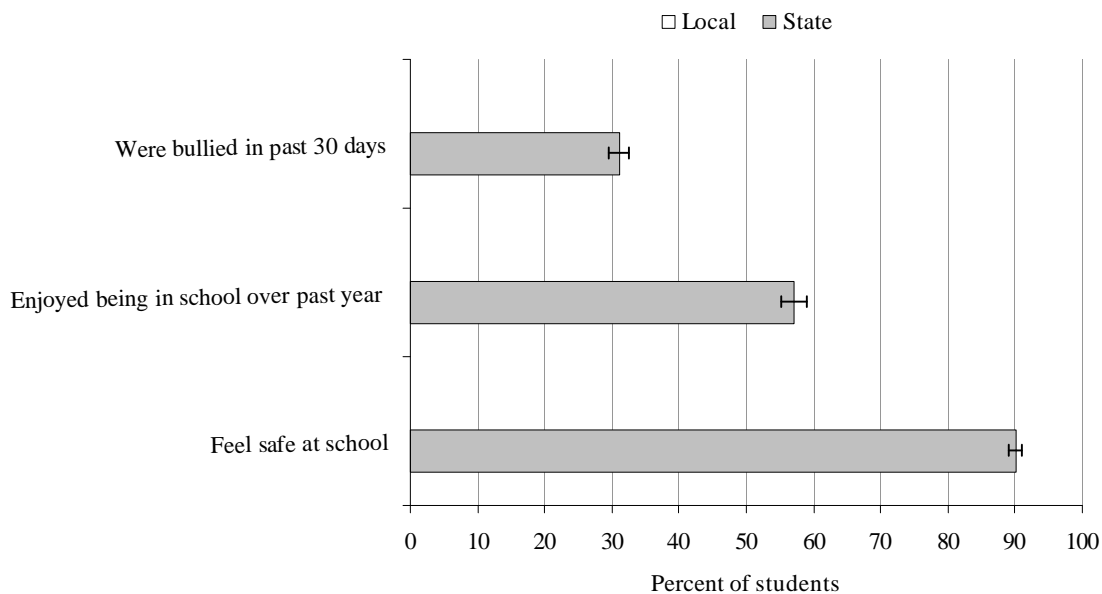
Risk and Protective Factors



Substance Use and Weapon Carrying in the Past 30 Days



Bullying and School Climate



Selected Results Disaggregated by Gender

25.	During the past 30 days, on how many days did you smoke cigarettes?	State (n = 7,673)	
		Female	Male
	None	98.2%	97.4%
	1 or more	1.8	2.6
31.	During the past 30 days, on how many days did you drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?	State (n = 7,615)	
		Female	Male
	None	97.1%	95.4%
	1 or more	3.0	4.6
136.	In the last 30 days, how often have you been bullied?	State (n = 7,504)	
		Female	Male
	I have not been bullied	71.4%	66.4%
	Once or more	28.6	33.6
193.	I feel safe at my school.	State (n = 7,807)	
		Female	Male
	No	7.8%	12.1%
	Yes	92.2	87.9

General Information

[Item 1 appears only on the secondary version of the survey.]

2.	How old are you?	State (<i>n</i> = 7,901)
	a. 10 or younger	1.5% ($\pm 0.3\%$)
	b. 11	71.9 (± 1.8)
	c. 12	25.0 (± 1.8)
	d. 13	1.4 (± 0.4)
	e. 14	0.2 (± 0.2)
	f. 15 or older	0.1 (± 0.0)
3.	Are you:	State (<i>n</i> = 7,913)
	a. Female	50.8% ($\pm 1.3\%$)
	b. Male	49.2 (± 1.3)
4.	How do you describe yourself? (Select one or more responses.)	State (<i>n</i> = 7,623)
	a. Asian or Asian American	7.4% ($\pm 2.1\%$)
	b. American Indian or Alaskan Native	4.5 (± 0.7)
	c. Black or African-American	2.6 (± 0.6)
	d. Hispanic or Latino/Latina	9.3 (± 3.0)
	e. Native Hawaiian or other Pacific Islander	1.3 (± 0.3)
	f. White or Caucasian	49.7 (± 3.3)
	g. Other	19.2 (± 2.2)
	<i>More than one race/ethnicity marked</i>	5.9 (± 0.8)

[Item 5 appears only on the secondary version of the survey.]

6.	What language is usually spoken in the home?	State (<i>n</i> = 7,823)
	a. English	84.7% ($\pm 3.0\%$)
	b. Spanish	8.3 (± 3.0)
	c. Other	7.0 (± 2.0)

[Items 7–10 appear only on the secondary version of the survey.]

11.	How honest were you in filling out this survey?	State (<i>n</i> = 6,951)
	a. I was very honest	88.8% ($\pm 1.1\%$)
	b. I was honest pretty much of the time	9.6 (± 0.9)
	c. I was honest some of the time	1.6 (± 0.4)
	d. I was honest once in a while	Surveys pulled
	e. I was not honest at all	Surveys pulled

Alcohol, Tobacco, and Other Drug Use

Alcohol, tobacco, and other drug use has been a major concern in this country for many years. The consequences of ATOD use are well known. In the short term, ATOD use interferes with positive physical, emotional, and social development. In the long term, ATOD use is associated with delinquency and criminal activity, unintended injuries, and a variety of health complications including shorter life expectancy. The economic costs of ATOD use are enormous (in Washington State an estimated \$1.81 billion in 1990 and \$2.54 billion in 1996). Tobacco use is the world's leading cause of preventable death, disease, and disability. This section provides information about lifetime ATOD use (which in part reflects experimental use), use in the past 30 days (i.e., current use), other tobacco-related questions, and other alcohol- and drug-related questions.

Lifetime Use

[Item 12 appears only on the secondary version of the survey.]

13.	Have you ever smoked a whole cigarette? (Computed from item 42 or 43.)	State (<i>n</i> = 7,582)
	a. No	93.7% ($\pm 1.0\%$)
	b. Yes	6.3 (± 1.0)

[Items 14 and 15 appear only on the secondary version of the survey.]

16.	Have you ever had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)? (Computed from item 216 or 217.)	State (<i>n</i> = 7,608)
	a. No	67.4% ($\pm 1.9\%$)
	b. Yes	32.7 (± 1.9)

17.	Have you ever smoked marijuana? (Computed from item 213 or 214.)	State (<i>n</i> = 7,612)
	a. No	96.6% ($\pm 0.5\%$)
	b. Yes	3.4 (± 0.5)

[Items 18-21 appear only on the secondary version of the survey.]

22.	Have you ever, even once in your lifetime, used inhalants (things you sniff to get high)?	State (<i>n</i> = 7,586)
	a. Yes	3.6% ($\pm 0.6\%$)
	b. No	96.4 (± 0.6)

23.	Have you ever, even once in your lifetime, used other illegal drugs?	State (<i>n</i> = 7,581)
	a. Yes	3.3% ($\pm 0.6\%$)
	b. No	96.7 (± 0.6)

<i>Any lifetime use of tobacco (Items 13–15)</i>	6.3% ($\pm 1.0\%$)
<i>Any lifetime use of alcohol (Item 16)</i>	32.7 (± 1.9)
<i>Any lifetime use of illicit drugs (Items 17–23)</i>	6.9 (± 1.0)

30-Day Use (Use in the Past 30 Days)

[Item 24 appears only on the secondary version of the survey.]

During the past 30 days, on how many days did you:

25.	Smoke cigarettes?	State (n = 7,710)
	a. None	97.8% ($\pm 0.4\%$)
	b. 1–2 days	1.3 (± 0.3)
	c. 3–5 days	0.4 (± 0.1)
	d. 6–9 days	0.2 (± 0.1)
	e. 10–29 days	0.1 (± 0.1)
	f. All 30 days	0.3 (± 0.1)
	<i>Any use in past 30 days</i>	2.2 (± 0.4)
26.	Chew tobacco or use snuff? ^{A,C} / Use chewing tobacco, snuff, or dip? ^B	State (n = 7,670)
	a. None	99.0% ($\pm 0.3\%$)
	b. 1–2 days	0.6 (± 0.2)
	c. 3–5 days	0.1 (± 0.1)
	d. 6–9 days	0.1 (± 0.1)
	e. 10–29 days	0.1 (± 0.1)
	f. All 30 days	0.1 (± 0.1)
	<i>Any use in past 30 days</i>	1.0 (± 0.3)

[Items 27–30 appear only on the secondary version of the survey.]

31.	Drink a glass, can or bottle of alcohol (beer, wine, wine coolers, hard liquor)?	State (n = 7,650)
	a. None	96.2% ($\pm 0.7\%$)
	b. 1–2 days	2.6 (± 0.5)
	c. 3–5 days	0.6 (± 0.2)
	d. 6–9 days	0.1 (± 0.1)
	e. 10 or more days	0.4 (± 0.2)
	<i>Any use in past 30 days</i>	3.8 (± 0.7)
32.	Use marijuana or hashish (grass, hash, pot)?	State (n = 7,633)
	a. None	98.7% ($\pm 0.4\%$)
	b. 1–2 days	0.6 (± 0.3)
	c. 3–5 days	0.3 (± 0.1)
	d. 6–9 days	0.2 (± 0.1)
	e. 10 or more days	0.3 (± 0.2)
	<i>Any use in past 30 days</i>	1.3 (± 0.4)

[Items 33–38 appear only on the secondary version of the survey.]

<i>Any 30-day use of tobacco (Items 25-30)</i>	2.7% ($\pm 0.5\%$)
<i>Any 30-day use of alcohol (Item 31)</i>	3.8 (± 0.7)
<i>Any 30-day use of illicit drugs (Items 32-38)</i>	1.3 (± 0.4)

Other Tobacco-Related Questions

39. Have you ever smoked cigarettes every day for 30 days?
- | | |
|--------|------------------------------|
| | State
(<i>n</i> = 6,823) |
| a. No | 93.7% (\pm 0.6%) |
| b. Yes | 6.3 (\pm 0.6) |

Note. Results may be suppressed for some students due to irregularities in the elementary Spanish language version.

40. If one of your best friends offered you a cigarette, would you smoke it?
- | | |
|-------------------|------------------------------|
| | State
(<i>n</i> = 7,448) |
| a. Definitely no | 89.2% (\pm 1.0%) |
| b. Probably no | 8.0 (\pm 0.7) |
| c. Probably yes | 2.0 (\pm 0.4) |
| d. Definitely yes | 0.8 (\pm 0.2) |

41. Do you think that you will smoke a cigarette anytime in the next year?
- | | |
|-------------------|------------------------------|
| | State
(<i>n</i> = 7,414) |
| a. Definitely no | 86.0% (\pm 1.3%) |
| b. Probably no | 10.3 (\pm 1.0) |
| c. Probably yes | 2.7 (\pm 0.5) |
| d. Definitely yes | 1.1 (\pm 0.2) |

[Item 42 appears only on the secondary version of the survey.]

43. How old were you the first time you smoked a whole cigarette?
- | | |
|------------------|------------------------------|
| | State
(<i>n</i> = 7,560) |
| a. Never have | 93.8% (\pm 1.0%) |
| b. 10 or younger | 4.4 (\pm 0.8) |
| c. 11 | 1.5 (\pm 0.3) |
| d. 12 | 0.2 (\pm 0.1) |
| e. 13 or older | 0.2 (\pm 0.1) |

[Item 44 appears only on the secondary version of the survey.]

45. Do you think young people risk harming themselves if they smoke from 1–5 cigarettes per day?^B (one to five cigarettes a day?)^C
- | | |
|-------------------|------------------------------|
| | State
(<i>n</i> = 7,177) |
| a. Definitely no | 5.6% (\pm 0.8%) |
| b. Probably no | 5.1 (\pm 0.7) |
| c. Probably yes | 27.9 (\pm 1.1) |
| d. Definitely yes | 61.5 (\pm 1.9) |

46. During the past year, did you practice ways to say NO to tobacco in any of your classes (for example: by role playing)?
- | | |
|-------------|------------------------------|
| | State
(<i>n</i> = 7,839) |
| a. Yes | 62.6% (\pm 6.0%) |
| b. No | 23.8 (\pm 4.2) |
| c. Not sure | 13.5 (\pm 2.1) |

[Items 47–52 appear only on the secondary version of the survey.]

53.	Do you think the smoke from other people's cigarettes (secondhand smoke) is harmful to you?	State (<i>n</i> = 7,001)
a.	Definitely no	6.3% ($\pm 0.7\%$)
b.	Probably no	7.2 (± 0.9)
c.	Probably yes	30.7 (± 2.1)
d.	Definitely yes	55.8 (± 2.8)

[Items 54 and 55 appear only on the secondary version of the survey.]

56.	(Some tobacco companies make items like sports gear, t-shirts, lighters, hats, jackets, and sunglasses that people can buy or receive for free.) ^C Would you ever use or wear something that has a tobacco company name or picture on it such as a lighter, t-shirt, hat, or sunglasses?	State (<i>n</i> = 7,040)
a.	Definitely no	61.4% ($\pm 1.9\%$)
b.	Probably no	25.5 (± 1.3)
c.	Probably yes	9.7 (± 1.1)
d.	Definitely yes	3.4 (± 0.6)

57.	During the past 7 days, on how many days were you in the same room with someone who was smoking cigarettes?	State (<i>n</i> = 7,036)
a.	0 days	65.7% ($\pm 2.7\%$)
b.	1–2 days	14.8 (± 0.8)
c.	3–4 days	5.1 (± 0.6)
d.	5–6 days	2.8 (± 0.4)
e.	7 days	11.5 (± 1.8)

[Items 58–64 appear only on the secondary version of the survey.]

65.	Has either of your parents (or guardians) discussed the dangers of tobacco use with you?	State (<i>n</i> = 7,062)
a.	Mother (or female guardian) only	13.9% ($\pm 1.0\%$)
b.	Father (or male guardian) only	3.7 (± 0.5)
c.	Both	62.5 (± 1.9)
d.	Neither	19.9 (± 1.1)

[Items 66–70 appear only on the secondary version of the survey.]

Other Alcohol- and Drug-Related Questions

[Items 71–73 appear only on the secondary version of the survey.]

Other Health Concerns

This section provides results regarding other health concerns including nutrition and fitness, health conditions and health care, safety, behaviors related to intentional injury, and depression. Proper nutrition and exercise are critical components of a healthy life, as is access to preventive health care. Safety-related behaviors, such as wearing a seat belt when in a moving vehicle, can profoundly influence the outcome of an accident. Injury is the leading cause of death for adolescents aged 10 to 19, and violence contributes to injury-related deaths. People who are depressed experience a range of symptoms, and depression is associated with suicidal behavior.

Nutrition and Fitness

[Items 74 and 75 appear only on the secondary version of the survey.]

76.	Which of the following are you trying to do about your weight?	State (<i>n</i> = 7,025)
a.	I am not trying to do anything about my weight ^o	30.4% ($\pm 1.8\%$)
b.	Lose weight	35.0 (± 1.9)
c.	Gain weight	7.6 (± 0.6)
d.	Stay the same weight	27.1 (± 1.2)

[Items 77 and 78 appear only on the secondary version of the survey.]

79.	Have you ever done any of the following to lose weight or keep from gaining weight?	State (<i>n</i> = 6,943)
	<ul style="list-style-type: none"> • Gone without eating for 24 hours or more (also called fasting); • Taken diet pills, powders or liquids without a doctor's advice; • Vomited or taken laxatives 	
a.	Yes	8.8% ($\pm 0.8\%$)
b.	No	91.2 (± 0.8)

[Items 80 and 81 appear only on the secondary version of the survey.]

82.	How many sodas or pops did you drink yesterday? (Do not count diet soda.)	State (<i>n</i> = 7,017)
a.	None	53.8% ($\pm 2.2\%$)
b.	1	30.0 (± 1.4)
c.	2	9.6 (± 0.9)
d.	3	3.5 (± 0.5)
e.	4 or more	3.1 (± 0.6)

On how many of the past 7 days did you:

83.	Exercise or participate in physical activity for at least 20 minutes that made you sweat and breathe hard, such as basketball, soccer, running, swimming laps, fast bicycling, fast dancing, or similar aerobic activities?	State (<i>n</i> = 7,793)
a.	0 days	6.0% ($\pm 0.7\%$)
b.	1 day	6.3 (± 0.6)
c.	2 days	7.4 (± 0.7)
d.	3 days	10.6 (± 0.9)
e.	4 days	11.0 (± 0.8)
f.	5 days	16.3 (± 1.2)
g.	6 days	10.4 (± 1.1)
h.	7 days	31.9 (± 1.8)

[Items 84–87 appear only on the secondary version of the survey.]

88.	On an average school day, how many hours do you watch TV, play video games, or use a computer for fun?	State (<i>n</i> = 7,810)
a.	I do not do these activities on an average school day	9.7% ($\pm 1.0\%$)
b.	Less than 1 hour per day	20.1 (± 1.1)
c.	1 hour per day	18.6 (± 1.2)
d.	2 hours per day	22.2 (± 1.1)
e.	3 hours per day	13.7 (± 0.9)
f.	4 hours per day	6.7 (± 0.7)
g.	5 or more hours per day	9.0 (± 1.1)

[Items 89 and 90 appear only on the secondary version of the survey.]

Health Conditions and Health Care

[Items 91–93 appear only on the secondary version of the survey.]

94.	Are you limited in any activities because of a disability or long-term health problem including physical health, emotional, or learning problems (because of any physical disabilities or long-term health problem lasting or) ^c expected to last 6 months or more?	State (<i>n</i> = 7,817)
a.	Yes	6.8% ($\pm 0.7\%$)
b.	No	77.0 (± 1.9)
c.	Not sure	16.3 (± 1.5)
95.	Have you ever been told by a doctor or other health professional that you had asthma?	State (<i>n</i> = 7,872)
a.	Yes	13.2% ($\pm 1.2\%$)
b.	No	81.1 (± 1.3)
c.	Not sure	5.8 (± 0.6)
96.	During the past 12 months, have you had an asthma attack or taken asthma medication?	State (<i>n</i> = 7,846)
a.	Never had asthma	65.7% ($\pm 1.2\%$)
b.	Yes	9.8 (± 0.9)
c.	No	20.8 (± 0.8)
d.	Not sure	3.8 (± 0.4)

[Items 97 and 98 appear only on the secondary version of the survey.]

Safety

[Items 99 and 100 appear only on the secondary version of the survey.]

101.	When you ride a bicycle, how often do you wear a helmet?	State (<i>n</i> = 7,886)
a.	I do not ride a bicycle	7.9% ($\pm 1.1\%$)
b.	Never wear a helmet	17.0 (± 2.9)
c.	Rarely wear a helmet	12.6 (± 1.5)
d.	Sometimes wear a helmet	14.2 (± 1.0)
e.	Most of the time wear a helmet	18.5 (± 1.5)
f.	Always wear a helmet	29.8 (± 3.5)

102. When you rollerblade or ride a skateboard, how often do you wear a helmet?	State (n = 7,881)
a. I do not rollerblade or ride a skateboard	27.8% ($\pm 1.4\%$)
b. Never wear a helmet	18.9 (± 2.6)
c. Rarely wear a helmet	10.4 (± 1.0)
d. Sometimes wear a helmet	8.8 (± 0.7)
e. Most of the time wear a helmet	12.0 (± 1.3)
f. Always wear a helmet	22.2 (± 2.5)

[Item 103 appears only on the secondary version of the survey.]

104. How often do you wear a seat belt when riding in a car (driven by someone else) ^B ?	State (n = 7,881)
a. Never	0.8% ($\pm 0.2\%$)
b. Rarely	0.9 (± 0.3)
c. Sometimes	3.0 (± 0.5)
d. Most of the time	14.4 (± 0.8)
e. Always	80.9 (± 1.2)

[Item 105 appears only on the secondary version of the survey.]

106. Have you ever ridden in a car driven by someone who had been drinking alcohol?	State (n = 7,139)
a. Yes	23.0% ($\pm 2.0\%$)
b. No	59.9 (± 1.8)
c. Not sure	17.1 (± 1.0)

[Item 107 appears only on the secondary version of the survey.]

108. In the past 30 days, when you bicycled or walked in your neighborhood or to school did you have enough room to walk or bike?	State (n = 7,852)
a. Yes	75.2% ($\pm 1.5\%$)
b. No	6.2 (± 0.7)
c. I did not walk or ride a bike	18.6 (± 1.2)

109. In the past 30 days, when you bicycled or walked in your neighborhood or to school was it easy to cross the streets?	State (n = 7,880)
a. Yes	51.5% ($\pm 1.8\%$)
b. Sometimes yes and sometimes no	24.6 (± 1.6)
c. No	3.1 (± 0.5)
d. I did not cross any streets	6.3 (± 1.0)
e. I did not walk or ride a bike	14.5 (± 1.1)

110. In the past 30 days, when you bicycled or walked in your neighborhood or to school were there dogs or people who bothered you or made you feel uneasy? ^B / who scared you? ^C	State (n = 7,882)
a. Yes, dogs.	8.1% ($\pm 0.9\%$)
b. Yes, people.	7.2 (± 0.6)
c. Yes, both dogs and people	7.2 (± 0.9)
d. No	62.1 (± 1.8)
e. I did not walk or ride a bike	15.4 (± 1.2)

Behaviors Related to Intentional Injuries

[Items 111 and 112 appear only on the secondary version of the survey.]

113.	During the past 30 days, did you carry a weapon such as a gun, knife, or club on school property?	State (<i>n</i> = 7,596)
a.	Yes	3.2% (\pm 0.5%)
b.	No	96.8 (\pm 0.5)

[Item 114 appears only on the secondary version of the survey.]

115.	During the past 12 months, have you been a member of a gang?	State (<i>n</i> = 6,937)
a.	No	71.6% (\pm 1.3%)
b.	Yes	28.4 (\pm 1.3)

Note. Results may be suppressed for some students due to irregularities in the elementary Spanish language version.

[Items 116 and 117 appear only on the secondary version of the survey.]

118.	Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?	State (<i>n</i> = 6,888)
a.	No	86.6% (\pm 1.1%)
b.	Yes	13.4 (\pm 1.1)

Note. Results may be suppressed for some students due to irregularities in the elementary Spanish language version.

[Items 119 and 120 appear only on the secondary version of the survey.]

121.	Do you try to work out your problems by talking about them?	State (<i>n</i> = 7,429)
a.	No, never	22.5% (\pm 2.0%)
b.	Yes, some of the time	34.2 (\pm 1.4)
c.	Yes, most of the time	25.7 (\pm 2.0)
d.	Yes, all of the time	17.6 (\pm 1.2)

[Items 122 and 123 appear only on the secondary version of the survey.]

124.	Have you ever been physically abused by an adult? [†]	State (<i>n</i> = 4,244)
a.	No	88.0% (\pm 1.8%)
b.	Yes	12.0 (\pm 1.8)

[Items 125 appear only on the secondary version of the survey.]

Depression

[Items 126–130 appear only on the secondary version of the survey.]

131.	Have you ever seriously thought about killing yourself?	State (<i>n</i> = 7,439)
a.	Yes	17.3% (\pm 1.5%)
b.	No	82.7 (\pm 1.5)

132.	Have you ever tried to kill yourself?	State (<i>n</i> = 7,451)
a.	Yes	5.2% (\pm 0.8%)
b.	No	94.8 (\pm 0.8)

133. When you feel sad or hopeless, are there people (or places that) ^B you can turn to for help?	State (<i>n</i> = 7,463)
a. I never feel sad or hopeless	13.2% (\pm 0.9%)
b. Yes	68.0 (\pm 1.4)
c. No	8.8 (\pm 0.9)
d. Not sure	10.0 (\pm 0.8)

[Items 134 and 135 appear only on the secondary version of the survey.]

School Climate

In the past few years Washington State has given increased attention to supportive learning environments. Students need a safe, nurturing, healthy, and civil learning environment if they are to be successful in school. This section provides information about student perceptions of school climate.

136. A student is being bullied when another student, or group of students, say or do nasty or unpleasant things to him or her. It is also bullying when a student is teased repeatedly in a way he or she doesn't like. It is NOT bullying when two students of about the same strength quarrel or fight. In the last 30 days, how often have you been bullied?	State (<i>n</i> = 7,536)
a. I have not been bullied	69.0% (\pm 1.4%)
b. Once	14.9 (\pm 0.8)
c. 2–3 times	8.3 (\pm 0.5)
d. About once a week	2.7 (\pm 0.4)
e. Several times a week	5.1 (\pm 0.6)

[Items 137–144 appear only on the secondary version of the survey.]

Quality of Life

Health-related quality of life is an individual's or group's perceived physical and mental health over time. At the individual level it involves a person's health and health-related conditions; at the community level it involves conditions that influence people's health. This section contains the results of the items related to quality of life.

[Items 145–155 appear only on the secondary version of the survey.]

In the last month, how often have you felt that:

156. Do you have goals and plans for the future?	State (<i>n</i> = 7,772)
a. No	12.9% (\pm 0.9%)
b. Yes	87.1 (\pm 0.9)

Risk and Protective Factor Scale Results

Decades of research have shown that certain risk factors are associated with increased likelihood of health risk behaviors including ATOD use, violence, and delinquent behaviors. Similarly, research has shown that protective factors exert a positive influence against the negative influence of risk factors. The survey included substantial coverage of risk and protective factors based on the work of Drs. Hawkins and Catalano and associates at the University of Washington. The premise of the risk reduction and protective factor enhancement approach to prevention is that preventing a problem before it occurs requires addressing the factors that predict the problem. Ideally, this strategy entails discovering the causes of the problem behavior and influencing those causes. Many of the survey items were used to assess students' status on risk and protective factors in the community, school, and peer-individual domains. Composite scales were computed for use in local program planning.

Risk Factors

For each scale, the percentage of students who are at risk (i.e., who agreed with statements that predict ATOD use or other problem behaviors) is listed. Higher percentages indicate that more students are likely to engage in problem behaviors. These percentages are based on computational methods provided by the University of Washington's Social Development Research Group.

Community Risk Factors

	State (<i>n</i> = 7,571)
Laws and norms favorable to drug use (Items 160–165)	37.1% (± 1.8%)
	(<i>n</i> = 7,451)
Perceived availability of drugs (Items 166–169)	23.6% (± 1.8%)

School Risk Factors

	State (<i>n</i> = 7,329)
Academic failure (Items 195–196)	41.2% (± 1.9%)
	(<i>n</i> = 7,434)
Low commitment to school (Items 179–185)	40.5% (± 1.5%)

Peer-Individual Risk Factors

	State (<i>n</i> = 7,270)
Favorable attitudes toward drug use (Items 229–232)	22.6% (± 1.5%)
	(<i>n</i> = 6,451)
Perceived risks of use (Items 197–200)	32.3% (± 2.3%)

Protective Factors

For each scale, the percentage of students who are resilient (i.e., who agreed with statements that predict the ability to resist ATOD use or other problem behaviors) is listed. Higher percentages indicate that fewer students are likely to engage in problem behaviors. These percentages are based on computational methods provided by the University of Washington's Social Development Research Group.

Community Protective Factors

	State (<i>n</i> = 7,515)
Opportunities for prosocial involvement (Items 171, 175–178)	25.8% (± 1.5%)
Rewards for prosocial involvement (Items 172–174)	(<i>n</i> = 7,730) 48.0% (± 1.7%)

School Protective Factors

	State (<i>n</i> = 7,807)
Rewards for prosocial involvement (Items 191–194)	50.5% (± 2.2%)

Family Protective Factors

	State (<i>n</i> = 4,346)
Opportunities for prosocial involvement (Items 252–254)	58.1% (± 2.3%)
Rewards for prosocial involvement (Items 255–258)	(<i>n</i> = 4,333) 62.2% (± 2.8%)

Number of Risk or Protective Factors (Excluding optional Family scales)

Although individual risk and protective factors serve as modest predictors of problem behaviors, students with multiple risk factors (or few protective factors) are much more likely to use ATOD or engage in other problem behaviors than are their peers. This section reports the percentage of students with given numbers of risk and protective factors. The number of risk factors was calculated only for students who answered enough items to receive scores on all risk factors included in the survey; the number of protective factors was similarly calculated. Readers should remember as they interpret the results that the number of risk factors included in the survey has changed over time.

	State (<i>n</i> = 5,564)
Number of Risk Factors	
3 or fewer	82.2% (± 1.5%)
4 to 6	17.8 (± 1.5)
7 to 10*	0.0 (± 0.0)
11 to 14*	0.0 (± 0.1)

* Maximum of 6 on the elementary version

	State (<i>n</i> = 7,405)
Number of Protective Factors	
0 to 1	60.5% (± 1.9%)
2 to 3	39.5 (± 1.9)
4 to 5*	0.1 (± 0.1)
6*	0.0 (± 0.0)

* Maximum of 3 on the elementary version

Risk and Protective Factors: Individual Item Results

The remainder of the report provides results for the individual items used to compute the risk and protective factors reported in the previous section.

Community Domain

[Items 157–159 appear only on the secondary version of the survey.]

160.	How wrong would most adults in your neighborhood think it was for kids your age to use marijuana?	State (<i>n</i> = 7,617)
a.	Very wrong	84.8% ($\pm 1.4\%$)
b.	Wrong	9.2 (± 0.8)
c.	A little bit wrong	3.4 (± 0.5)
d.	Not wrong at all	2.6 (± 0.4)
161.	How wrong would most adults in your neighborhood think it was for kids your age to drink alcohol?	State (<i>n</i> = 7,634)
a.	Very wrong	76.8% ($\pm 1.3\%$)
b.	Wrong	15.9 (± 0.8)
c.	A little bit wrong	4.9 (± 0.5)
d.	Not wrong at all	2.4 (± 0.5)
162.	How wrong would most adults in your neighborhood think it was for kids your age to smoke cigarettes?	State (<i>n</i> = 7,630)
a.	Very wrong	78.5% ($\pm 1.5\%$)
b.	Wrong	13.6 (± 0.9)
c.	A little bit wrong	4.9 (± 0.6)
d.	Not wrong at all	2.9 (± 0.5)
163.	If a kid drank some beer, wine, or hard liquor (for example: vodka, whiskey, or gin) in your neighborhood would he or she be caught by the police?	State (<i>n</i> = 7,513)
a.	NO!	11.9% ($\pm 1.2\%$)
b.	no	29.1 (± 1.4)
c.	yes	32.4 (± 1.4)
d.	YES!	26.6 (± 1.6)
164.	If a kid carried a handgun in your neighborhood would he or she be caught by the police?	State (<i>n</i> = 7,547)
a.	NO!	7.3% ($\pm 0.7\%$)
b.	no	13.3 (± 1.1)
c.	yes	29.7 (± 1.1)
d.	YES!	49.7 (± 1.9)
165.	If a kid smoked marijuana in your neighborhood would he or she be caught by the police?	State (<i>n</i> = 7,491)
a.	NO!	9.3% ($\pm 1.1\%$)
b.	no	20.7 (± 1.0)
c.	yes	34.0 (± 1.1)
d.	YES!	36.1 (± 1.4)

166.	If you wanted to get some beer, wine, or hard liquor (for example: vodka, whiskey, or gin), how easy would it be for you to get some?	State (n = 7,461)
a.	Very hard	68.1% ($\pm 1.4\%$)
b.	Sort of hard	15.1 (± 1.0)
c.	Sort of easy	8.5 (± 0.6)
d.	Very easy	8.4 (± 0.9)
167.	If you wanted to get some cigarettes, how easy would it be for you to get some?	State (n = 7,459)
a.	Very hard	69.8% ($\pm 1.7\%$)
b.	Sort of hard	12.8 (± 0.7)
c.	Sort of easy	7.6 (± 0.7)
d.	Very easy	9.8 (± 1.2)
168.	If you wanted to get some marijuana, how easy would it be for you to get some?	State (n = 7,439)
a.	Very hard	86.5% ($\pm 1.4\%$)
b.	Sort of hard	6.1 (± 0.7)
c.	Sort of easy	3.7 (± 0.5)
d.	Very easy	3.8 (± 0.7)
169.	If you wanted to get a drug like cocaine, LSD, or amphetamines, how easy would it be for you to get some?	State (n = 7,394)
a.	Very hard	89.0% ($\pm 1.2\%$)
b.	Sort of hard	5.7 (± 0.6)
c.	Sort of easy	2.6 (± 0.4)
d.	Very easy	2.7 (± 0.5)
[Item 170 appears only on the secondary version of the survey.]		
171.	There are adults in my neighborhood I could talk to about something important.	State (n = 7,743)
a.	NO!	14.5% ($\pm 1.3\%$)
b.	no	19.6 (± 1.2)
c.	yes	39.1 (± 1.5)
d.	YES!	26.8 (± 1.3)
172.	My neighbors notice when I am doing a good job and let me know.	State (n = 7,697)
a.	NO!	29.1% ($\pm 1.6\%$)
b.	no	35.0 (± 1.6)
c.	yes	26.5 (± 1.5)
d.	YES!	9.4 (± 0.8)
173.	There are people in my neighborhood who encourage me to do my best.	State (n = 7,716)
a.	NO!	19.4% ($\pm 1.4\%$)
b.	no	24.8 (± 1.2)
c.	yes	37.0 (± 1.3)
d.	YES!	18.8 (± 1.3)

174. There are people in my neighborhood who are proud of me when I do something well.	State (n = 7,692)
a. NO!	19.2% ($\pm 1.2\%$)
b. no	26.1 (± 1.3)
c. yes	38.1 (± 1.3)
d. YES!	16.6 (± 1.2)

Which of the following activities do you regularly participate in:

175. Sports teams?	State (n = 7,710)
a. Yes	67.1% ($\pm 2.1\%$)
b. No, even though this activity is available	23.7 (± 1.3)
c. No, because this activity is not available	9.3 (± 1.2)
176. Scouting (such as Cub Scouts, Boy Scouts, Girl Scouts, Brownies, Camp Fire Boys & Girls, etc.)?	State (n = 7,588)
a. Yes	16.1% ($\pm 1.4\%$)
b. No, even though this activity is available	70.8 (± 1.4)
c. No, because this activity is not available	13.1 (± 1.2)
177. Arts groups (such as art, music, drama, dance, etc.)?	State (n = 7,619)
a. Yes	48.6% ($\pm 2.4\%$)
b. No, even though this activity is available	39.9 (± 2.1)
c. No, because this activity is not available	11.5 (± 0.9)
178. Service or social clubs (such as Boys and Girls Clubs, 4-H Clubs, church youth groups, etc.)?	State (n = 7,557)
a. Yes	35.6% ($\pm 1.7\%$)
b. No, even though this activity is available	51.3 (± 1.4)
c. No, because this activity is not available	13.2 (± 1.0)

School Domain

179. How often do you feel the schoolwork you are assigned is meaningful and important?	State (n = 7,788)
a. Almost always	33.3% ($\pm 1.4\%$)
b. Often	26.4 (± 1.3)
c. Sometimes	27.6 (± 1.1)
d. Seldom	8.5 (± 0.6)
e. Never	4.3 (± 0.6)
180. How interesting are most of your courses to you?	State (n = 7,642)
a. Very interesting and stimulating	15.2% ($\pm 1.1\%$)
b. Quite interesting	37.1 (± 1.3)
c. Fairly interesting	31.2 (± 1.2)
d. Slightly dull	11.6 (± 1.0)
e. Very dull	4.9 (± 0.7)

181. How important do you think the things you are learning in school are going to be for you later in life?	State (n = 7,803)
a. Very important	56.6% ($\pm 2.1\%$)
b. Quite important	26.8 (± 1.5)
c. Fairly important	11.7 (± 1.0)
d. Slightly important	3.8 (± 0.5)
e. Not at all important	1.0 (± 0.2)

Think back over the past year in school. How often did you:

182. Enjoy being in school?	State (n = 7,896)
a. Never	6.6% ($\pm 0.9\%$)
b. Seldom	6.9 (± 0.7)
c. Sometimes	29.3 (± 1.2)
d. Often	24.8 (± 1.4)
e. Almost always	32.4 (± 1.4)

[Item 183 appears only on the secondary version of the survey.]

184. Try to do your best work in school?	State (n = 7,829)
a. Never	1.0% ($\pm 0.2\%$)
b. Seldom	1.4 (± 0.3)
c. Sometimes	6.4 (± 0.8)
d. Often	17.4 (± 0.8)
e. Almost always	73.9 (± 1.3)

[Items 185–190 appear only on the secondary version of the survey.]

191. My teacher(s) notices when I am doing a good job and lets me know about it.	State (n = 7,832)
a. NO!	5.3% ($\pm 0.7\%$)
b. no	15.1 (± 1.3)
c. yes	55.2 (± 1.4)
d. YES!	24.4 (± 1.7)

192. The school lets my parents know when I have done something well.	State (n = 7,737)
a. NO!	14.6% ($\pm 1.0\%$)
b. no	35.4 (± 1.4)
c. yes	37.3 (± 1.6)
d. YES!	12.8 (± 0.9)

193. I feel safe at my school.	State (n = 7,842)
a. NO! ^{A,C} / Definitely NOT true ^B	3.0% ($\pm 0.5\%$)
b. no ^{A,C} / Mostly not true ^B	7.0 (± 0.7)
c. yes ^{A,C} / Mostly true ^B	47.4 (± 1.9)
d. YES! ^{A,C} / Definitely true ^B	42.6 (± 2.2)

194.	My teachers praise me when I work hard in school.	State (n = 7,622)
a.	NO!	11.8% ($\pm 1.2\%$)
b.	no	28.5 (± 1.5)
c.	yes	46.4 (± 1.5)
d.	YES!	13.3 (± 1.2)
195.	Putting them all together, what were your grades (like) ^{A,C} last year?	State (n = 7,584)
a.	Mostly As	42.2% ($\pm 2.6\%$)
b.	Mostly Bs	40.3 (± 1.9)
c.	Mostly Cs	12.7 (± 1.3)
d.	Mostly Ds	2.9 (± 0.5)
e.	Mostly Fs	2.0 (± 0.4)
196.	Are your school grades better than the grades of most students in your class?	State (n = 7,571)
a.	NO!	7.4% ($\pm 0.9\%$)
b.	no	29.9 (± 1.3)
c.	yes	49.3 (± 1.8)
d.	YES!	13.5 (± 0.9)

Peer and Individual Domain

How much do you think people risk harming themselves if they:

197.	Smoke one or more packs of cigarettes per day?	State (n = 7,327)
a.	No risk	4.9% ($\pm 0.9\%$)
b.	Slight risk	4.0 (± 0.5)
c.	Moderate risk	12.4 (± 0.9)
d.	Great risk	66.6 (± 2.3)
e.	Not sure	12.0 (± 1.1)
198.	Try marijuana once or twice?	State (n = 7,261)
a.	No risk	9.1% ($\pm 1.4\%$)
b.	Slight risk	16.8 (± 0.9)
c.	Moderate risk	24.2 (± 1.5)
d.	Great risk	37.3 (± 1.6)
e.	Not sure	12.6 (± 0.9)
199.	Smoke marijuana regularly?	State (n = 7,256)
a.	No risk	7.2% ($\pm 1.2\%$)
b.	Slight risk	3.5 (± 0.5)
c.	Moderate risk	10.8 (± 0.7)
d.	Great risk	68.9 (± 2.3)
e.	Not sure	9.6 (± 0.8)

200. Take one or two drinks of an alcoholic beverage (wine, beer, a shot, liquor) nearly every day?	State (n = 7,241)
a. No risk	13.9% ($\pm 1.5\%$)
b. Slight risk	21.3 (± 1.0)
c. Moderate risk	27.9 (± 1.5)
d. Great risk	26.9 (± 1.6)
e. Not sure	10.0 (± 0.8)

[Items 201–213 appear only on the secondary version of the survey.]

214. Have you ever, even once in your lifetime smoked marijuana?	State (n = 7,589)
a. Yes	3.4% ($\pm 0.5\%$)
b. No	96.6 (± 0.5)

[Items 215 and 216 appear only on the secondary version of the survey.]

217. Have you ever, even once in your lifetime had more than a sip or two of beer, wine, or hard liquor (for example: vodka, whiskey, or gin)?	State (n = 7,587)
a. Yes	32.7% ($\pm 1.9\%$)
b. No	67.4 (± 1.9)

[Items 218 and 228 appear only on the secondary version of the survey.]

How wrong do you think it is for someone your age to:

229. Drink beer, wine, or hard liquor (for example: vodka, whiskey, or gin) regularly?	State (n = 7,278)
a. Very wrong	81.6% ($\pm 1.3\%$)
b. Wrong	13.2 (± 0.9)
c. A little bit wrong	3.7 (± 0.4)
d. Not wrong at all	1.5 (± 0.3)

230. Smoke cigarettes?	State (n = 7,283)
a. Very wrong	85.6% ($\pm 1.1\%$)
b. Wrong	11.1 (± 0.9)
c. A little bit wrong	2.2 (± 0.4)
d. Not wrong at all	1.2 (± 0.2)

231. Smoke marijuana?	State (n = 7,253)
a. Very wrong	91.9% ($\pm 0.8\%$)
b. Wrong	5.5 (± 0.6)
c. A little bit wrong	1.5 (± 0.3)
d. Not wrong at all	1.2 (± 0.3)

232. Use LSD, cocaine, amphetamines, or another illegal drug?	State (n = 7,250)
a. Very wrong	94.3% ($\pm 0.6\%$)
b. Wrong	3.9 (± 0.5)
c. A little bit wrong	0.9 (± 0.3)
d. Not wrong at all	0.9 (± 0.2)

[Items 233–239 appear only on the secondary version of the survey.]

Family Domain

[Items 240–243 appear only on the secondary version of the survey.]

The next set of questions asks about your family. When answering these questions, please think about the people you consider to be your family—parents, grandparents, aunts, uncles, etc.

[Items 244–251 appear only on the secondary version of the survey.]

252.	My parents give me lots of chances to do fun things with them. [†]	State (n = 4,388)
a.	NO!	5.4% (± 0.8%)
b.	no	11.3 (± 1.3)
c.	yes	38.8 (± 1.3)
d.	YES!	44.5 (± 1.8)
253.	My parents ask me what I think before most family decisions affecting me are made. [†]	State (n = 4,239)
a.	NO!	8.2% (± 1.1%)
b.	no	18.1 (± 1.7)
c.	yes	39.7 (± 1.8)
d.	YES!	34.0 (± 1.8)
254.	If I had a personal problem, I could ask my mom or dad for help. [†]	State (n = 4,332)
a.	NO!	4.6% (± 0.8%)
b.	no	6.1 (± 0.8)
c.	yes	28.6 (± 1.5)
d.	YES!	60.7 (± 1.9)
255.	My parents notice when I am doing a good job and let me know about it. [†]	State (n = 4,324)
a.	Never or almost never	5.0% (± 0.8%)
b.	Sometimes	16.0 (± 1.7)
c.	Often	27.6 (± 1.3)
d.	All the time	51.3 (± 2.5)
256.	How often do your parents tell you they're proud of you for something you've done? [†]	State (n = 4,307)
a.	Never or almost never	4.7% (± 0.8%)
b.	Sometimes	14.4 (± 1.4)
c.	Often	32.1 (± 2.0)
d.	All the time	48.8 (± 2.7)
257.	Do you enjoy spending time with your dad? [†]	State (n = 4,253)
a.	NO!	4.0% (± 0.8%)
b.	no	3.8 (± 0.7)
c.	yes	24.9 (± 1.6)
d.	YES!	67.3 (± 2.0)

258.	Do you enjoy spending time with your mom? [†]	State (n = 4,326)
a.	NO!	2.3% (± 0.5%)
b.	no	2.9 (± 0.6)
c.	yes	22.7 (± 1.3)
d.	YES!	72.1 (± 1.7)

[Items 259 and 260 appear only on the secondary version of the survey.]

261.	How often in the past 12 months did you or your family have to cut meal size or skip meals because there wasn't enough money for food? [†]	State (n = 4,237)
a.	Almost every month	2.8% (± 0.6%)
b.	Some months but not every month	4.0 (± 0.8)
c.	Only 1–2 months	5.9 (± 0.7)
d.	Did not have to skip or cut the size of meals.	87.4 (± 1.6)

262.	How often do you eat dinner with your family? [†]	State (n = 4,283)
a.	Never	2.6% (± 0.6%)
b.	Rarely	7.2 (± 1.2)
c.	Sometimes	11.4 (± 0.9)
d.	Most of the time	35.7 (± 1.9)
e.	Always	43.2 (± 2.3)